SURVEY ON BEHAVIOURS AND ATTITUDES OF 
YOUNG PEOPLE 
IN THE SOUTHERN HIGHLANDS OF TANZANIA

BEHAVIOURAL SURVEILLANCE SURVEY, 2011
Restless Development, Tanzania
Restless Development has been working in Tanzania since 1993.

OUR MISSION

Our mission is to place young people at the forefront of change and development. Our strength comes from being led by young people and young professionals, from the boardroom right through to the field.

OUR VISION

Our vision is that young Tanzanians are taking up leadership roles which address the most urgent issues facing their country and the world, fully supported by their governments, communities, businesses and civil society.

We work in three goal areas: Civic Participation; Livelihoods and Employment; and Sexual and Reproductive Health and Rights.

Restless Development Tanzania directly delivers programmes in Iringa (including Njombe), Mbeya, Ruvuma, Dar Es Salaam and Dodoma. In 2011, we reached 100 communities through 166 youth volunteers to lead community-based development programmes. They in turn enabled 38,597 young people to access sexual and reproductive health services and programmes in and out of school, 3102 youth to gain knowledge and skills for grassroots accountability, and 992 youth entrepreneurs to gain skills in business start up and development.
ACKNOWLEDGEMENTS

We have asked ourselves some key questions in coming up with this document:

1. How do we make research and evaluation findings accessible through popular methods to young people and communities?

2. How do we spur discussions among young people and communities on researches and evaluations so that they take charge of their development?

3. How do we contribute to the knowledge base in communities so that evidence is used in decision-making?

4. How do we influence behaviours and attitudes among policy makers, young people and communities so that positive changes are assured?

These key questions have formed the basis of coming up with this document. A graphical representation of findings of evidence based work done by Restless Development Tanzania between 2011-12.

We acknowledge the ideas that have been proposed by many staff, young people and other peers. All these invaluable ideas are the culmination of this document. It would never have been possible without you all.

The Programme Quality Unit of Restless Development Tanzania has immensely contributed to nurturing the ideas, developing the concept and guiding the development of this piece of work. Thank you for your dedication and strong belief in creativity and innovation.

We acknowledge the Cartoonist, Mr Adam Lutta who has transformed this concept into the final graphics, we appreciate that we are testing new waters, and this work will not be in vain.

To all young people of Tanzania and communities where we have worked, or not, we believe that this document will be of great service to you. We anticipate that it will inform you, challenge you, engage you in discussions and change how we relate to issues that affect our lives.

To this extent, we believe that by sharing what we have learnt with you in a way that is engaging, we will have made some contribution to young people, communities, policy makers and to the nation of Tanzania. In your own ways, from the learning you gain through this document, we believe that you will CHANGE THE WORLD.

Kennedy O. Oulu
Programme Quality and Learning Manager
The majority of young people we interviewed had been exposed to sexual and reproductive health and rights interventions. The next common intervention received was in livelihoods and employment, and the least common intervention was in civic participation.

More young women are exposed to sexual and reproductive health and rights and livelihoods and employment creation than young men, however, more young men are exposed to life-skills and civic participation than young women.

Source: (Restless Development Survey on behavior and attitudes of young people, 2011 and External evaluation of peer-to-peer programmes, 2011)
HIV/AIDS RELATED STIGMA & DISCRIMINATION

Young people with disabilities are disadvantaged in terms of HIV/AIDS knowledge as only 60% have heard of HIV/AIDS compared 98.45% of those who are not disabled.

The proportion of hearing-impaired young people believing that mosquitoes transmit HIV is higher than the equivalent figure for young people as a whole (25% versus 21%)

Young people with disabilities are at a higher risk of HIV/AIDS because they have less knowledge, they are excluded and sometimes discriminated upon.

31% of young people are still unwilling to share a plate of food with an HIV positive. Attitude is higher in Iringa (45.1%) compared to Ruvuma (28.2%) and Mbeya (17.8%).

GENDER BASED VIOLENCE

The following are factors that escalate gender-based violence in communities:

- Negative cultures, customs and norms that give men more control over resources like property, assets and incomes, which propels the perception that men have control over women
- Low education among women
- Lack of appropriate redress mechanisms for victims
- Corruption by the police who are supposed to handle these cases
- Failure in reporting such cases due to community pressure and threat of divorce and further violence

AT HOME...

Development of youth platform that focuses on equality and active participation should be explored.

What about people with disabilities on HIV/AIDS? They’re at high risk due to lack knowledge of the disease.

At the norms and customs, men have all control against women. Let me show her what it means...

Where on earth does a woman has got a say to her husband?

Quiet!
On average, the age at which young people have their first sexual debut is 15 years (lower in some areas to 12).

On average more males (44.1%) had sex in the last 12 months than their female counterparts (27.7%).

Multiple partnerships among young people (> 3 partners) is 10.2% with ages 13–21 accounting for 57.1%. 88.5% of those 46.1% with one partner fall between 13–29, 37.9% of young people with 2 partners are 26–29 and 57.1% of young people with more than 3 partners are 13–21, which is worrisome.

Young people must desist from multiple partnerships to be safe.

TRANSACTIONAL SEX

There exists a very high risk of HIV infection in relationships involving transactional sex across all regions, with 74.5% of sexual intercourse in such unions (11.4% of young people had transactional sex in the last 12 months of the study) not involving the use of a condom at last sex.

“When a woman is battered by her husband, the police officers would request for money from the woman when she reports the incident, so that the case be logged. In rural villages where money is scarce, it means that no action will therefore be taken.”
STIs & TREATMENT SEEKING BEHAVIOURS

Young people know about sexually transmitted infections. In fact 86.8% do.

33% of young people have had STI-related symptoms.

Women were found to be more trusting of their male partners in regard to seeking advice on STI treatment when symptoms are recognized, where 45.1% will do so; however men would rather receive such advice from peers and friends (40.2%).

The proportion of young people who have had a HIV test is low at 36.9% and higher among men than women (42.5% versus 31.4%).

Young people must go beyond the talk. Recognize that STI symptoms need treatment and even HIV test.

PREGNANCY & PREVENTION

Pregnancy has a major effect on the whole lives of more than half of young girls (52%) interviewed through focus group discussions, while 34% report being affected only after delivery and 14% only during pregnancy. 19.6% of girls have ever been pregnant.

The major effects of pregnancy on young girls: low school transition rates; high incidences of school dropout among girls; early and forced marriages; high incidences of dependency either on families or husbands; low self esteem; stigma and discrimination; gender-based and domestic related violence; low incomes; low levels of education among girls; health complications such as fistula; abortions; poverty and occasionally death.

INFORMATION & EDUCATION

In schools, [SRH education] helped to reduce the number of pregnancy cases. The situation before the programme was bad as a large number of students dropped out the school due to pregnancy.

This can be a powerful tool for change.
NEGOTIATING CONDOM USE

The majority of young people find it between easy (41-65%) to convince their partner to use a condom, although a substantial proportion (19-35%) find this difficult.

HOMOSEXUALITY

Knowledge of the existence of homosexuality in the Southern Highlands stands at 60% – a gender breakdown reveals that 37.4% of men and 45.9% of women do not know anything about homosexuality.

80% report that they have not seen or heard of a homosexual in their community.

Perceptions about homosexuals among young people are mostly negative (67.2%); 73.7% acknowledge that homosexuality is not acceptable in their communities.

CIVIC PARTICIPATION

PARTICIPATION IN YOUTH FORA & CONSULTATION

The reported capacity of young people to articulate their pressing concerns with local government authorities at community level is low, just as their participation in youth forums. They are not consulted at all levels (local, regional and national). They are not free to exercise their civic rights, despite that 82.4% of them know their civic rights. In all these cases, the participation of girls and young women is lower than men/boys (Source, Attitudes and behavior survey, Restless Development, 2011).

Within the section of civic participation, the study dealt with questions around participation of young people in consultations; voicing concerns and exercise of civic rights; awareness of selected national policies in Tanzania; involvement in policy development, monitoring and implementation, as well as interest in policy issues.
AWARENESS OF POLICIES AFFECTING YOUNG PEOPLE

Young peoples’ awareness of selected policies in Tanzania is low, ranging between 24.3%–47.9% depending on region, compared with 46–53% among urban youth (Restless Development, Tanzania: Urban Tracer Study, 2011).

Of selected policies: MKUKUTA II, Policy of return to school for girls, National Health Policy, National Youth Development Policy and National Policy of HIV/AIDS, MKUKUTA II is the least known by young people while National Policy on HIV/AIDS is the most known.

Despite the above, young people have the highest interest to understand MKUKUTA II and lowest to understand National Youth development Policy.

“Seeds are sent to the villages and some people receive them; however at the end you realise that most young people have been left out. Some leaders also receive the fertiliser but they have no land. They therefore end up selling them again at a higher price, which we cannot afford”.

“Young people in and by themselves sometimes do not seek to know what is happening in local government authorities. Because they do not know, it is therefore very difficult for young people to participate. How do you participate when you don’t know?”

THE NEW CONSTITUTION

There is a window of opportunity with the review of the Constitution, of which 44.3% of young people are aware, but only 4.6% have participated through meetings or consultations. Young people must therefore participate and in large numbers in giving their views on constitution to usher in a new dawn for Tanzania.
Only 13.8% are involved in monitoring of policy implementation, involvement in budget planning and processes at local government levels is only 3%.

Women’s participation and knowledge on policy issues in all cases is lower than that of men.

The concerns on governance and accountability (as quoted below) must be taken up by young people themselves in their contexts, to ensure appropriate allocation and use of public resources.

“The village budgets are sometimes printed and posted on the doors of village offices; however we are not involved in making them [the budgets]. Rarely will reports that arise from the revenues and expenditures of these budgets be shared with young people. These leaders collect tax from the village, but they do not tell us how much is collected and what it is used for.”

Consortium patterns of young people across the Southern Highlands indicate that, while food is the major expenditure item for both genders (as expected in low income situations), alcohol and drug use eats greatly into monthly incomes of young people.

The proportions of income consumed by both food and alcohol/drugs are at double-digit figures of 56.5% and 24.75% respectively. However women spend more on food (64%) than men (49%), while men spend more on alcohol and drugs (29.9%) than women (19.3%).

Young people must manage their spending on alcohol and drugs, save and invest in activities that generate more income.

Young Women have a lower propensity to getting employed compared to men, even though they start earning incomes earlier than men.

Most young people (92%) earn between 10-100000 Tshs per month, mostly through business and manual work in the rural areas. Out of this, 75% earn between 10-50000 Tshs per month.

Women still earn less than men.
Currently, young people access lower level skills in livelihoods that do not assure business growth and sustainability. 63.5% have general knowledge on entrepreneurship, 55% seek courses on livelihoods and only 23.1% have attended such courses. Ruvuma is particularly disadvantaged in all skill areas.

Access to higher level skills is still low: access to marketing stands at 9.4%, access to mentoring and coaching at 8.7%, managing budgets and records of an income generating project at 4.5%, market analysis at 3%, setting up an IGA at 2% and finally apprenticeship at just 0.6%.

This means that business are still largely undercover and it can perhaps be deduced that young people benefit a lot from the fact that their businesses are not registered, probably evading tax and controls and even engaging in illegal activities. However, this scenario jeopardizes opportunities for business expansion and enterprise.

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Although the desire to access loans by young people is relatively strong (31.7%), actual trends of receipt of loans is dire (8.8%); the variance between desire for and actual access is -23%.

The reality is that factors such as lack of collateral, inadequate entrepreneurship groups, high interest rates on loans, lack of awareness of opportunities and terms and conditions, and a negative attitude to loans from young people all contribute to low access to loans/grants for business development.
We promote the professional youth-led development sector, by supporting government, private sector, and bi- and multilateral agencies to develop youth programmes, and make existing programmes more accessible to young people. A core part of how we do this is through the provision of credible grassroots evidence of emerging trends and issues facing young people through our youth led research.

CONTACT US FOR MORE INFORMATION AND TO GET INVOLVED.

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